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ABSTRACT

This booklet contains vocabulary and information on the four food groups and nutrition, in elementary Gwich'in Athapascan, with English translations. It is intended for use in a bilingual education setting. (AM)

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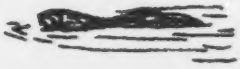

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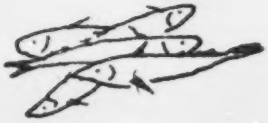

by

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Yik'it teech'aadhat

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Breads and Cereals

Łyuhchy'aa, ch'atŁoh kwaii haa

hotcakes	saloojik
biscuits	Łyuchy'aa ghoo
fry bread	khwaii Łyuhchy'aa
pilot crackers	karaagas
rice	daatsǫǫ trin
spaghetti	mis keedii ts'ik

Other cereal foods

When buying these foods, pick those labeled whole grain, enriched and fortified.

Ch'izhii ch'atŁoh vaa tr'ahtsii jii kwaii ohkwat dąį' vakak jii kwaii vakak danahotŁ'oo oohǫhdal yuu.

These are best for health.
Jii kwaii Łyaa vaa gwinzįį tr'agwandaii t'inchy'aa.

MEAT FISH BIRDS EGGS DRY BEAN

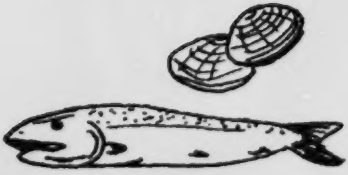
NILI,I ʔUK NEEHINIIDAL CH'AGHOO BENGA,IH

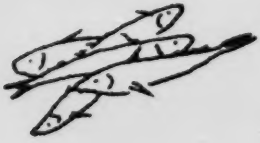
These are good for blood and muscles.

Jii kwaii t'ee diidaa diich'at eenjit nizi,i.

dinjik	moose
vadzaih	caribou
divii	sheep
ts'it	porcupine
dzan	muskrat
tsee'	beaver
geh	rabbit
shoh	bear
ʔuk ky'u'	fish eggs
treegwat	fish liver
da,ih	grouse
ch'aghoo	eggs
dats'an	ducks
khaih	geese

ʔuk tya,h	nili,i tya,h
canned fish	canned meat





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Milk, bony fish, shell fish

Aak'ii ma', ƔUk tth'an,

ƔUk dityąh zhit dilk'įį

Milk for drinking in coffee and tea.

Aak'ii ma' tr'iinii ts'a' lagahfii tee t'arah'in lidii haa.

hotcakes,	breads,	mush,
saloojik,	Ɣyuhchy'aa,	ch'atƔoh,

For 1 cup milk, use:
Aak'ii ma' chuntyąh, ch'ihƔak

1/2 cup canned milk and
1/2 cup clean safe water

chųų nizįį chuntyąh teetƔ'an akǫǫ

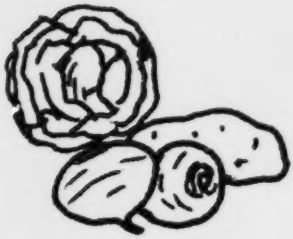
or 1/4 cup dry non-fat milk
3/4 cup clean safe water

Aak'ii ma' gąih chuntyąh teetƔ'an gehzhee naa'ąį'

Chuntyąh hanjii deedąą'ąį' chųų nizįį akǫǫ

or 1 cup fresh milk

chuntyąh zhit aak'ii ma' k'eejit



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Vegetables

Gwanzhịh

spinach	ch'at'an ch'ạhtɣ'oo
wild rhubarb	ts'ịịgyuu'
raw cabbage	ch'at'an ach'ịị
carrots	gwanzhịh daatsik ts'ik
sweet pototoes	gwadeedas akạịị
pumpkin	ch'atɣoh daatsik
green beans	gwanzhịh ch'ạhtloo ts'ik

other vegetables

ch'izhii gwanzhịh kwaii

The ones listed above are the best.

Jii gehdee danahotɣ'oo ch'andaa nizịị t'inchy'aa.

Fruits

Gwanzhịh Akaii

nakaɣ	salmon berries
nitsịh	rose hips
natɣ'at	low bush cranberries
jak ch'ạhtloo	blueberries
deenich'uh	blackberries
ch'izhii jak	other berries
ooriinchis chụ'	orange juice
gwanzhịh daatsik chụ'	tomato juice
ch'iveedzee gaịh	dried peaches

other fruits

ch'izhii gwanzhịh akaii

The ones listed above are the best.

Jii gehdee danahotɣ'oo ch'andaa nizii t'inchy'aa.

Food for Health
Shih gwinzii tr'igwiheendaii eenjit

Fruits & vegetables Gwanzhih akąįį, gwanzhįh	Meat, fish, eggs, dry beans Niliį, Ɣuk, ch'aghoo, bengąįh
For skin, eyes, gums, body tissue; 1 cup or more Diidhah, diindee' dilghootɣok diizhin dhah ɣant'eelzhii	For muscles and blood; 2 helpings or more Diich'at akǫǫ diidaa eenjit neekwat dizhee rahahchaa akǫǫ gwandaa
Milk, bony fish, shell fish Aak'ii ma', ɣuk tth'an, ɣuk dityah zhit dilk'iį	Breads & cereals ɣyuhchy'aa, ch'atɣoh haa
For bones and teeth; 1 cup or more Diitth'an diigho' eenjit chuntyah ch'ihɣak akǫǫ gwandaa	For energy, nerves & digestion; 6 helpings or more Diitthai' heezyaa, diidaa tr'ach'ahdąįį gwinzii shih diits'įį t'ehee'yaa eenjit nihk'iitik dizhee rahahchaa akǫǫ gwandaa

Deeqwąhtsii vat'oohchy'aa, jaghaii vat'oohchy'aa.

How much you need and why you need it.